
ARIZONA DEPARTMENT OF EDUCATION

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HORNE ANNOUNCES SODAS ARE OUT AND JUICE IS IN FOR 8
SCHOOLS PARTICIPATING IN A SCHOOL HEALTH MODEL FOR FALL
SEMESTER 2004

“State Schools Chief Tom Horne Endorses a Healthy School Environment for
Arizona’s Kids”

PHOENIX (Friday, January 23, 2004) -- Arizona State School’s Chief Tom Horne (a professed health-nut) on Monday, January 26 will recommend to the State Board of Education approval of eight schools that will participate in a pilot health model for fall semester 2004. Sodas are out and juice is in for eight schools that have “stepped up” to be the healthiest in the state.

“Nothing can be more important to us than the health of our children,” stated Tom Horne. “As educators, we don’t ask the students what they want to learn – we set tough but reasonable standards. Since what we eat has much to do with how we think, feel, act and develop, educators have a duty to set standards for health as well.”

One part of the health model the eight schools will be following includes altering the contents of any vending machines the schools may have in place. This would include replacing sugared sodas with items such as juices, milk, water and healthier food products like granola bars and pretzels to replace candy and chips.

“A regular soda contains up to 10 teaspoons of sugar per 12 ounce can,” said Horne. “Most students would decline to eat 10 teaspoons of sugar if requested to do so, but are unaware that much is mixed in their soda.”

Another important piece of the health model includes an increase in physical activity for all students.

The United States Department of Agriculture (USDA) awarded the Arizona Department of Education (ADE) a competitive grant to implement this innovative school health study. ADE in conjunction with a state coalition known as Arizona Action for Healthy Kids drafted the school health model that the eight schools will follow.

Over 30 Arizona schools voluntarily applied to participate in the model health study; the eight selected will receive a mini grant of five to ten thousand dollars for their participation.

Results from the pilots will be available in January 2005. Both Arizona State University and the University of Arizona have offered to assist the Department of Education with the financial and nutritional evaluation of this grant.

